
EXECUTIVE DEPARTMENT
STATE OF CALIFORNIA



PROCLAMATION

Breastfeeding is one of the most natural ways to ensure the well-being of our infants and their mothers. Breast milk provides antibodies that protect our young ones from respiratory infections, asthma, allergies, diarrhea and other illnesses. Additionally, women who breastfeed their children lower their own risk of contracting osteoporosis, diabetes and certain cancers later in life.

Breast milk is the only food a healthy, full-term infant needs in the first six months of life, and it provides all the necessary nutrients to support growth and development. And the benefits of being breastfed continue throughout a child's life for years to come.

Because of all the fantastic benefits of breastfeeding, it is important that hospitals, health centers, businesses and communities work together to ensure a comfortable atmosphere for our infants and their mothers. By providing helpful information and assistance, supporting existing laws that allow women to feed their infants in public places and creating an understanding and positive work environment with places to use a breast pump, we can help mothers and children remain strong and healthy.

NOW, THEREFORE, I, ARNOLD SCHWARZENEGGER, Governor of the State of California, do hereby proclaim August 2008, as "Breastfeeding Awareness Month."

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of California to be affixed this 4th day of August 2008.

ARNOLD SCHWARZENEGGER
Governor of California

ATTEST:

DEBRA BOWEN
Secretary of State

